



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 QUICK RECIPE:

Baked Chicken Spaghetti

1 LB Pasta (the shape of your choice)
 2 TB Extra Virgin Olive Oil
 3 Cups Chopped Red Onion
 1 Large Red Bell Pepper Chopped
 Sea Salt and Freshly Ground Pepper
 1 Tsp Smoked Paprika
 1 Tsp Italian Seasoning
 3 TB Unsalted Butter
 3 TB Whole Wheat Flour
 2 Cups Milk (Almond, Oat or Regular)
 1 Cup Chicken Stock
 1 Rotisserie Chicken, skin removed, breasts and thighs shredded
 1 ½ Cups Shredded Sharp Cheddar
 ¼ Cup Grated Parmesan
 1 Cup Shredded Part Skim Mozzarella
 Chopped Fresh Parsley

Step One Preheat oven to 350F. In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package instructions, about 8 minutes.

Step Two Meanwhile, in another large pot over medium heat, heat oil. Add onion pepper, spices and cook, stirring occasionally, until soft

ened, about 7 - 8 minutes. Transfer to a bowl.

Step Three In same pot over medium heat, melt butter. Whisk in flour and cook, whisking constantly, until fragrant and combined, about 1 minute. Add milk and broth and cook, stirring occasionally, until thickened, about 5 minutes

Step Four Stir in spaghetti, vegetables, chicken, 1 ½ cups cheddar and the Parmesan. Transfer to an oil-sprayed 13" x 9" baking dish. Top with remaining 1 cup cheese. Bake chicken spaghetti until bubbly, about 45 minutes. Remove from the oven and allow to rest about 15 minutes before serving. Top with parsley.



recipe! I like to make it with short pasta instead of spaghetti, my mother did too - but we still always called it Chicken Spaghetti!

2 KITCHEN SCOOP

This was one of my mother's favorite recipes! Of course Italians would not recognize this as their own - but Mother's Italian-American friend swore that this was her grandmother's

Vernaccia di San Gimignano, Tuscany's famous white wine, offers fresh citrus, crisp apple, and a lovely hint of almond. Its bright acidity balances the rich, creamy béchamel sauce beautifully. And here's a fun fact: Vernaccia di San Gimignano was the first Italian wine to receive DOC status in 1966, later earning the prestigious DOCG designation in 1993. A little taste of Tuscany!

3 CLEVER

I use smoked paprika in this recipe - I love the richer, more meaty flavor that it adds to the chicken pasta. Of course, you can use a more traditional paprika. Just make sure its fresh and aromatic! You need the paprika for flavor, and also to create your red sauce color for the dish.

4 CHEERS!

Poder Casa Rossa
 Vernaccia di San Gimignano
 Tuscany, Italy